

# Child and Adult Care Food Program • Weekly Menu for Infants (Emergency Shelters)

Infant's Name:

Age:

	0 through 3 months	4 through 7 months <sup>5</sup>	8 through 11 months <sup>5</sup>	Month and Day			Year:			
				Sunday /	Monday /	Tuesday /	Wednesday /	Thursday /	Friday /	Saturday /
Breakfast	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-8 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup>	6-8 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,7</sup>							
		0-3 Tbsp. iron-fortified dry infant cereal (optional) <sup>6</sup>	2-4 Tbsp. iron-fortified dry infant cereal <sup>7</sup>							
			1-4 Tbsp. fruit/vegetable <sup>7</sup>							
AM Snack	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	2-4 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup> or fruit juice <sup>8</sup>							
			0-½ slice bread or 0-2 crackers <sup>9</sup> (optional) <sup>6</sup>							
Lunch	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-8 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup>	6-8 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,7</sup>							
		0-3 Tbsp. iron-fortified dry infant cereal (optional) <sup>6</sup>	2-4 Tbsp. iron-fortified dry infant cereal <sup>7</sup> and/or 1-4 Tbsp. meat/meat alternate <sup>7,10</sup>							
		0-3 Tbsp. fruit/vegetable (optional) <sup>6</sup>	1-4 Tbsp. fruit/vegetable <sup>7</sup>							
PM Snack	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	2-4 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup> or fruit juice <sup>8</sup>							
			0-½ slice bread or 0-2 crackers <sup>9</sup> (optional) <sup>6</sup>							
Supper	4-6 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,4</sup>	4-8 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,5</sup>	6-8 oz. breast milk <sup>1,2</sup> or IFIF <sup>3,7</sup>							
		0-3 Tbsp. iron-fortified dry infant cereal (optional) <sup>6</sup>	2-4 Tbsp. iron-fortified dry infant cereal <sup>7</sup> and/or 1-4 Tbsp. meat/meat alternate <sup>7,10</sup>							
		0-3 Tbsp. fruit/vegetable (optional) <sup>6</sup>	1-4 Tbsp. fruit/vegetable <sup>7</sup>							

<sup>1</sup> Breast milk or formula or portions of both may be served. It is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>2</sup> Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less, with additional breast milk offered if the infant is still hungry.

<sup>3</sup> IFIF = Iron Fortified Infant Formula (All IFIF must meet CACFP Requirements. See *Allowable Infant Formulas for the CACFP*.)

<sup>4</sup> Formula must be provided by either the center/day care home or parent. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the meal is fed to the infant by the caregiver.

<sup>5</sup> Formula must be provided by either the center/day care home or parent. Reimbursement may be claimed for meals containing parent-provided formula as the only component if (1) the infant is not yet developmentally ready for the optional meal component(s); and (2) the meal is fed to the infant by the caregiver.

<sup>6</sup> A serving of this component is required only when the infant is developmentally ready to accept it. If optional foods are required, reimbursement may be claimed for meals containing parent-provided components when the center/day care home provides (pays for) at least one component; and a complete meal, i.e., all of the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

<sup>7</sup> For 8 through 11 months, reimbursement may be claimed for meals containing parent-provided components when (1) the center/day care home provides (pays for) at least one component; and (2) a complete meal, i.e., all of the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

<sup>8</sup> Full-strength fruit juice must be served.

<sup>9</sup> Made from whole-grain or enriched meal or flour.

<sup>10</sup> Meat or meat alternates include: 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dried beans or peas; ½-2 oz. cheese; 1/8-½ cup cottage cheese; 1-4 oz. cheese food or cheese spread.